



## Clara Barton Neighborhood Recreation Center



### 55+ Active Adult Programs

The Clara Barton **Senior Sensations** 55+ Active Adult program meets on Mondays and Wednesdays from 10:00 am—3:00 pm for **sensational activities** — special events, luncheons, movies, programs, speakers, entertainment and trips. Visitors are **very** welcome; **come join us!**

#### September/October 2018 Program Highlights

**Free Film—*Greatest Showman***—Wednesday, September 5, 12n.

**Attorney discusses Wills, Trust, life planning**—Wednesday, Sept. 12, 12n

**Sing-A-Long with Kids**—Monday, September, 17, 11:45am

**Halloween** make costumes & masks, **Trick or Treat** Oct. 29 & 31, 12n

#### ***Celebrate Senior Sensations Week Everyday***—Sept. 24-28

**Therapeutics of Medial Cannabis for Seniors**—12n Monday, September 24.

**Make & Eat Chocolate Pretzels**— 12n Tuesday, September 25

**Mini Trip to Kreeger Museum + Lunch**— 10a Wednesday, September 26,  
\$12 Transportation Fee+\$8 Entrance Fee+ Lunch co\$t on own.

**Handouts of Senior Sensation discounts-all day**, Thurs., September 27,

**Free Film—*Phantom Thread***—12n Monday, September 28,

#### **Blood Pressure Screening**

The **third Wednesday** of every month from 10:30—11:30 am

Upcoming dates: Sept 19, Oct 17, Nov 21

#### **Recreational Sports**

Free! Just show up and join in!

**Ping Pong:** Mon: 3:30-4:30 pm, Tues/Thurs: 2:30-4:00 pm

**Pickleball:** Mon: 12:00 noon—1:30 pm

#### **Fitness Classes**

##### **Bone Builders**

Mon/Wed: 2-3 pm

Offered in sessions by Montgomery County Recreation, the class is free but class size is limited. Visit [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to register or call **240-777-4925**.

##### **Senior Shape**

Mon/Wed: 11: – 11:45am, Tues/Thurs: 11 – 12:15pm, Fri: 1 - 1:45pm

For information, registration & costs, contact Suburban Hospital at 301/896-3939 or [events.suburbanhospital.org](http://events.suburbanhospital.org). There is a fee for this class.

##### **Yoga**

Wed.: 12:15-1:15 pm

For information, registration & costs, contact Suburban Hospital at 301/896-3939 or [events.suburbanhospital.org](http://events.suburbanhospital.org)

For information, registration & costs, contact Suburban Hospital at 30



#### **Senior Program**

##### **Coordinator:**

Phyllis Himelfarb

##### **Senior Program Hours:**

Mondays & Wednesdays  
10:00 am —3 pm

##### **Center Director:**

Barry Jones

##### **Assistant Director:**

Danny Plummer

##### **Address:**

7425 MacArthur Blvd.  
Cabin John, MD 20818

##### **Phone :**

240-777-4910

##### **Center Hours:**

Monday-Wednesday

9 AM– 9 PM

Tuesday-Thursday

9 AM– 8 PM

Friday — 9 AM-3 PM

Sat-Sun – Closed



Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)

## September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 3 <b>Closed</b>	4	 5 <b>Movie 12n</b>	6	7
 10 <b>Happy Birthday 12n</b>	11	 12 <b>12n- Attorney Discusses Wills, Trusts, Directives +</b>	13	14
 17 <b>11:45a Kids/Srs Sing</b>	18	 19 <b>10a</b>	20	21
<b>Everyday</b>	<b>September 24-28</b>	<b>Celebrate</b> 	<b>Active</b> 	<b>Aging</b> 
 24 <b>12n Therapeutics of Medical Cannabis Program</b>	 25 <b>Make &amp; Eat Choc. Pretzels 12:30p</b>	 26 <b>Kreeger Museum 10a Payment &amp; Reservations Required</b>	 27 <b>All Day List of Discounts</b>	 28 <b>Movie &amp; Popcorn 12n</b>

## October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 1 <b>Name Your Car Day 12n</b>	2	 3 <b>10a</b>	4	5 <b>Clara Barton</b>
 8 <b>What countries did Columbus Discover? 12n</b>	9	 10 <b>12n</b>	11	12 <b>has activities</b>
 15 <b>Movie 12n</b>	16	 17 <b>Bring Apple or Pumpkin Recipes 12n</b>	18	19 <b>for you</b>
 22 <b>12n Decorate Cookies</b>	23	 24 <b>Travel the World With Oona 12n</b>	25	26 <b>Everyday</b>
 29 <b>Make your Mask for Halloween 12n</b>	30	 31 <b>Trick or Treat 12n</b>		